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News worth sharing.

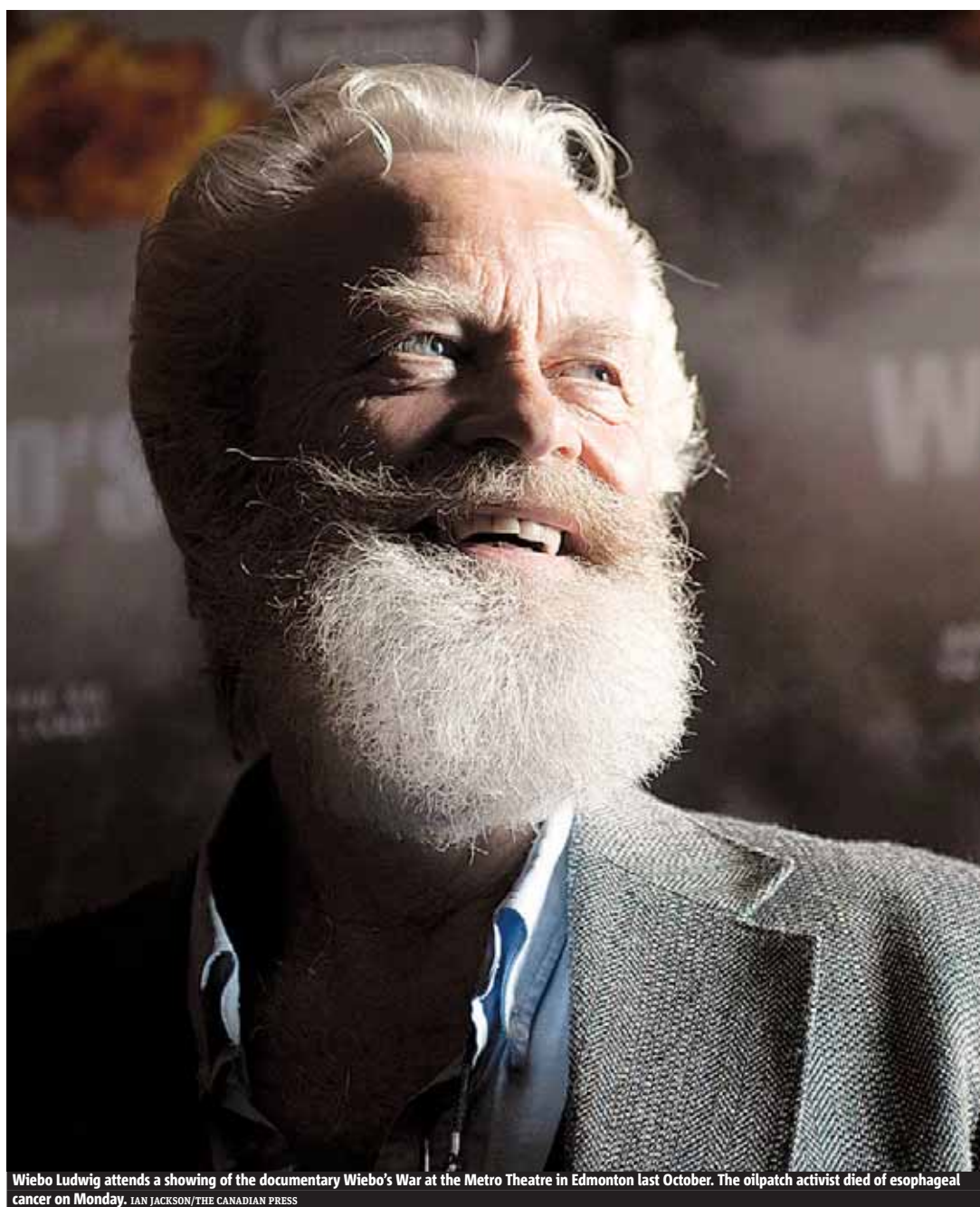
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Wiebo Ludwig attends a showing of the documentary *Wiebo's War* at the Metro Theatre in Edmonton last October. The oilpatch activist died of esophageal cancer on Monday. IAN JACKSON/THE CANADIAN PRESS

'Not a man of small prayers'

Wiebo Ludwig.

Devout Christian waged war against Alberta oil and gas interests

Eco-warrior to some, terrorist to others, Wiebo Ludwig was for decades a polarizing figure in the debate over northern Alberta's oil and gas industry.

He died of esophageal cancer on Monday at the age of 70. Ludwig's son Josh confirmed his father's death in a news release, saying he died at home surrounded by loved ones.

"We will miss him as one who steadfastly and selflessly upheld the hope of the Gospel of Christ, as a loving husband, father and grandfather," the release said. "He was not a man of small prayers and often spoke of a conviction that all people will participate in that hope."

Long before celebrities such as James Cameron took up their genteel fight against oilsands development, Ludwig waged war against the energy industry from his family compound at Trickle Creek, hidden away in the bush near Hythe.

Looking like an Old Testament prophet with his full grey beard, flowing hair and bushy brows, the barrel-chested patriarch said he was first spurred to action by growing sour-gas development around his sprawling Christian commune, where he lived with his wife, their 11 children and 23 grandchildren. He blamed the wells for his daughter's miscarriage and the

Karman Willis incident

- In June 1999, Karman Willis, 16, was shot while she and friends were joyriding in pickup trucks on Ludwig's property.
- Police could not determine who pulled the trigger and no charges were laid.
- The shooting death was a turning point for Ludwig and he became a pariah in the community, though he still had his supporters.

deaths of farm animals.

Between 1996 and 1998, there were at least 160 incidents at oil and gas sites in Alberta. They ranged from nails strewn along lease roads to shootings and bombings.

In April 2000 Ludwig was convicted of bombing a Suncor well near his home. He was also found guilty of encasing a Norcen Energy well in concrete and counselling an RCMP informant to possess explosives. He served 19 months in jail.

Even then, he remained unwavering in his opposition to the oil industry and steadfast in his determination to stay on his land.

"We're going to try to outlast them here," he said after his release from prison. "Jail hasn't slowed me down.... It's only deepened my resolve that this needs to be dealt with."

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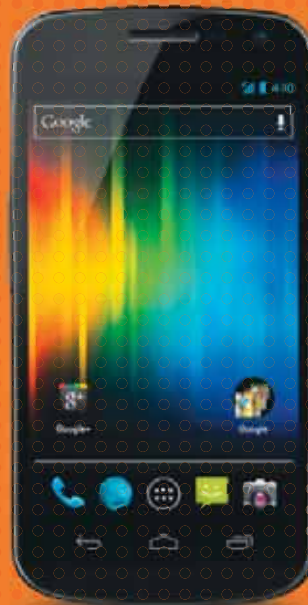
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On thin ice

Stony Plain couple seek 'guardian angel' who rescued them

Almost two weeks after falling through thin ice, a Stony Plain couple is looking for the last of three Good Samaritans.

Annie Janicki, 79, and her 85-year-old husband Metro were ice fishing at Salter Lake near Onoway the afternoon of March 28, when things took a turn for the worse.

"I went back under my tent and heard a crack," said Annie. She ran to her husband and tried to grab his hand — an automatic reaction, she said — but then fell through herself.

Thankfully, the only three others fishing that day came to the rescue.

The couple reached out to find the men through local media.

While appearing on a news station back at the lake, they ran into one, an Edmontonian named Larry.

That coverage was seen by another — Jake Huibers, 68, a semi-retired Leduc man.

"We did what we could," Huibers said Monday, after speaking to the couple over the weekend.

"Fortunately we were there."

Huibers said there are spots of open water and Metro simply got too close.

"But the main thing is they look pretty healthy," he said.

The three men didn't know each other, but the Janickis still hope to identify their third "guardian angel," said Annie.

HEATHER MCINTYRE/METRO

Oilers' fans benched for season

While some hockey fans are readying to cheer their team on in the first round of the NHL playoffs, Edmonton Oilers' faithful are dissecting the season that was. Or wasn't.

The hometown team finished in 29th place — a step up from previous seasons.

But on Monday, as players told media that playoffs are a must next season, fans suggested how that might happen.

"We need some big mobile defencemen," said Perry, who didn't want his last name used.

Caroline Janvier, sporting her Oilers jersey, said the team should focus even more on its youth, as well as improvements to both defence and goaltending.

Others think the issues aren't the players.

"Playoffs will come soon, given parity and all, but to be a contender more intelligence is required in management," said Ryan Miyagishima.

Whether fans will jump on board with either Canadian team in the playoffs

Draft details

- The NHL Draft Lottery for the 2012 first overall selection is Tuesday night.
- Edmonton has an 18.8 per cent chance of winning the first pick, second only to the Columbus Blue

Jackets at 25 per cent.

- The Oilers, finishing 30th the two seasons prior to this one, had first pick in 2010 and 2011, selecting Taylor Hall and Ryan Nugent-Hopkins.

— Ottawa or Vancouver — remains to be seen.

Janvier would like to see the Stanley Cup in Canada,

while Caitlin Langridge, who has moved to Vancouver, said "anyone but the Canucks."

HEATHER MCINTYRE/METRO

Schools mull policy of 'inclusive' education



Edmonton Public School Board chair Dave Colburn speaks to media earlier this year. METRO FILE

Universal acceptance. EPSB considers official policy geared at an estimated 7,000 special-needs students



SHELLEY WILLIAMSON
shelley.williamson@metronews.ca

Edmonton Public School Board trustees are expected to give a first and second reading Tuesday to a policy designed to make classrooms "inclusive" to students of all abilities.

"It just seemed like a natural step forward with the very significant numbers and complexity of special-needs education that it was appropriate to create a special-needs policy," said Dave Colburn, EPSB chair. "We think the policy ... will communicate to our public exactly what our values and commitment are in the world of special education."

Ed Butler, Alberta Teachers Association president representing Edmonton public teachers, said the group supports inclusion but he's con-

A brief history

- The proposed inclusive education policy is the result of recommendations made by an EPSB trustee task force report from June 14, 2011.
- Goals pledged include recruiting qualified staff and providing opportunities for professional learning, giving students "relevant learning opportunities" for all to achieve success, as well as working with parents, teachers and students.

cerned about parental rights. "I would be concerned about the element of choice being taken away, because right now parents have a choice and always have had a choice of making the home school their first priority," said Butler.

He said it also may add expenses to a strapped budget and weigh on teacher workloads. "We need to realize there is a significant cost factor with this," he said.



NEWS

On the web

Like a Rolling Stone

At the New York launch of his exhibition Faces, Time and Places, which features his own paintings, guitarist Ronnie Wood talks about the Rolling Stones, his solo projects and art versus music. Watch at metronews.ca

Quick thinking

Students in Washington state stopped a school bus on Monday after the driver lost consciousness, officials say. One seventh grader says he grabbed the wheel while others attempted CPR. Watch at metronews.ca

Mobile news



Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. Scan for the full story.

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Education. Students bypassing of schools on public-board agenda

Edmonton Public Schools trustees will mull the issue of students bypassing schools to reach designated schools in other neighbourhoods.

Trustee Heather MacKenzie said she asked for the report, to be received for information at a public meeting today, because many affected areas are in the city's southwest.

"One of the important points to mention in relation to that report is that it does demonstrate a number of students from Ward E, Hamptons, my ward, are leapfrogging," said MacKenzie, adding a new school will open in that community in September.

That 29 of the 53 affected neighbourhoods are mainly younger grades was concerning because it adds the cost of yellow buses, said MacKenzie.

Board chair Dave Colburn said trustees have yet to form

By the numbers

- Based on September enrolment numbers, 3,681 kindergarten to Grade 12 students are currently bypassing schools closer in proximity than their designated schools.

a stance but it is a concern.

"This is one of the realities we're dealing with, with some of our schools that are over capacity, especially in the outlying areas, and the need to have students go to not their closest school, but a school that can accommodate them," said Colburn.

He said the report underscores the need for the EPSB to meet regularly with the city, province and other school boards to address school infrastructure needs.

SHELLEY WILLIAMSON/METRO



The Edmonton Public school board will receive a report on the number of kids bypassing nearby schools to go to ones farther away.

THE CANADIAN PRESS FILE

Your Candidates. Edmonton-Calder



PC

Progressive Conservative Association:
Bev Esslinger

"My family has been proud to call the Edmonton-Calder constituency home for the past 17 years. One of the greatest strengths of our constituency is our diversity — people of all ages from many different cultures and faiths call Edmonton-Calder their home."



NDP

New Democrat Party:
David Eggen

David is executive director of Friends of Medicare, a non-profit society that advocates for public health care in Alberta. He is also a teacher with Edmonton Public Schools. Previously, he was MLA for Edmonton-Calder, where he served as critic for energy, education, environment and sustainable resource development.

Liberals

Alberta Liberal:
Alex V. Bosse
No description provided.



Wildrose

Wildrose Party:
Rich Neumann

Rich Neumann was born in Barrhead, Alberta and raised in Edmonton. For the past 15 years Rich has made his home in North Edmonton and currently lives with his wife and three children in the Calder area. Since 2002, Rich has been the president and part-owner of an equipment-rental company in Edmonton.



COMPILED BY LAURIE CALLSEN/METRO



Wildrose Leader Danielle Smith announces the fifth and final Wildrose pledge, called the Alberta Accountability Act, in Edmonton on Monday. The Accountability Act is a plan to clean up government by restoring openness, honesty, democracy and accountability to the Government of Alberta. JASON FRANSON/THE CANADIAN PRESS

Smith makes pitch for accountability

Election. Free votes, MLA accountability, pay rollbacks pitched by Wildrose leader as campaign continues

Alberta Wildrose Leader Danielle Smith says if she becomes premier there will be free votes on all bills in the legislature, even on those that could bring her government down.

Free votes are the best way to balance government priorities with the unique needs

of constituents, Smith told reporters at a campaign stop Monday.

"What I've heard around Alberta is that Albertans want their MLAs to represent them when they're elected," said Smith.

"This is essential to restore a properly functioning legislature."

However, free votes can be a double-edged sword.

Parliamentary tradition dictates that if a government can't pass key bills, like the annual budget, it has lost the confidence of the legislature. Another party, or parties, then tries to form govern-

ment. And if that fails, an election is called.

Tory Leader Alison Redford, touring in southern Alberta, said Smith's party is not walking the talk on accountability.

"My understanding is there are a number of (Wildrose) MLA candidates this week who aren't even going to show up at constituency forums," said Redford.

"Or when they do show up at constituency forums, they're not speaking on behalf of themselves.... There are party representatives there speaking on their behalf." THE CANADIAN PRESS

Proposed changes

Danielle Smith is also promising to claw back the 30 per cent pay hike that former premier Ed Stelmach's cabinet ministers, including Redford, passed for themselves after the Tories' landslide victory in 2008.

- The Wildrose Accountability Act would also have whistleblower legislation, a fixed election date and mechanisms for citizen-initiated referendums.

En route to Vancouver. Stranded VIA train in Hinton continues voyage to west coast

A VIA Rail train stranded in Hinton, Alta., for just under 11 hours resumed travelling to Vancouver early Monday.

About 130 passengers were on board the westbound train when it had

to stop after CN crews detected breaks in the tracks.

VIA spokesman Malcolm Andrews says the westbound trip resumed at 12:17 a.m. ET and the train was not expected to arrive

in Vancouver until about 7 p.m. ET.

Andrews earlier said the train had electricity, heat, food and water, and that the passengers were understanding about the delay.

He said track damage is not uncommon at this time of year when rails heat up during the day and cool rapidly when temperatures plunge at night.

THE CANADIAN PRESS

Transgender model tells story in TV interview

Reinstated.

Vancouver's Jenna Talackova allowed to compete in Miss Universe Canada, says Donald Trump

Miss Universe contestant Jenna Talackova has a boyfriend and hopes to have two kids some day, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two-and-a-half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him know," Talackova said.



Jenna Talackova, left, poses with ABC's Barbara Walters in New York. HEIDI GUTMAN/ABC/THE ASSOCIATED PRESS

"He was very supportive, very accepting. He saw me for who I was."

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

Talackova, 23, had already

made the Miss Universe Canada final before pageant organizers unleashed a wave of global media attention last month by disqualifying her on the basis she had to be a "naturally born" female. Pageant owner Donald Trump finally stepped in and overruled that decision, reinstating her ahead of the May 19 Miss Universe Canada contest.

High-profile American lawyer Gloria Allred said Trump did the right thing by allowing Talackova to stay in the competition, because the disqualification was simply wrong, something that should be recognized globally.

"We wanted Donald Trump to step up and be a leader in this battle for equality (and) we're very happy that he has conceded that rule does violate the laws of Canada and of the United States," Allred said.

THE CANADIAN PRESS



Thousands gather for Vimy ceremony

Gunner Joe Foster, of the 15th Field Artillery Regiment, plays Last Post during a Vimy Day ceremony at Victory Square in Vancouver on Monday. In France, thousands of students carrying Canadian flags and banners paid silent tribute to nearly 3,600 fallen countrymen. An estimated 5,000 students braved persistent rains during a slow march that covered the two kilometres from France's Vimy Ridge Memorial to a pair of cemeteries where Canada's war dead are buried. DARRYL DYCK/THE CANADIAN PRESS

Next question

Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government is not going far enough — and

should conduct a thorough audit of what the new jet can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says the debate following last week's auditor general report needs to move beyond the eye-popping cost and muddled procurement process.

Wheeler, who's testified before Parliament and spent years working for the U.S. General Accounting Office, says auditor general Michael Ferguson's report was actually tame, and what's needed now is an independent, fact-based analysis of the claims made by the manufacturer.

THE CANADIAN PRESS

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Investigation. Canadian navy may be linked to endangered orca's death

The corpse of a young killer whale whose death may be linked to Canadian war games has prompted an investigation by U.S. authorities.

The body of the southern resident orca — an endangered species in the United States — was discovered on Long Beach in Washington state in February, just days after HMCS Ottawa conducted sonar training exercises in the waters off Victoria.

A preliminary examination indicated significant trauma around the head, chest and right side of the orca known as L112, but results of necropsy

and pathology tests and a scan of the animal's head are incomplete. Just hours after the navy sonar tests were heard, southern resident killer whales were spotted in the same area in the Haro Strait that divides Canada and the United States.

The law-enforcement office of the U.S. National Oceanic and Atmospheric Administration, or NOAA, has launched an investigation into the death. Brian Gorman, with NOAA's National Marine Fisheries Service, said investigators haven't made a connection between the naval exercise and the death of the whale. THE CANADIAN PRESS



The body of a three-year-old female killer whale washed up on Long Beach, Wash., in February. Experts are trying to find if sonar testing by a Canadian naval ship may have contributed to the death. CASCADIA RESEARCH/CONTRIBUTED



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Foreign help expected after avalanche

Buried alive. Pundits question the need for isolated Kashmir military bases as more than 120 soldiers feared dead in slide

An avalanche that buried more than 120 soldiers in a Himalayan region close to India has put a spotlight on what critics say

is one of world's most pointless military deployments: two poverty-wracked nations engaged in a costly standoff over an uninhabitable patch of mountain and ice.

Since Saturday morning when the massive wall of snow engulfed a Pakistani military complex close to the Siachen Glacier, rescue teams have been unable to dig up any survivors. There is now very little hope that even a small number of people will come out alive.

The supreme sacrifice

"Soldiers are dying and my heart bleeds for them, but it's for nothing."

Pakistan-India peace activist Tahira Abdullah on military presence in Kashmir.

A team of U.S. military experts was expected to arrive at the site Monday to assist in the rescue efforts, according to

an American official. The team flew in from Afghanistan after the Pakistani army asked for help, the official said on condition of anonymity because he was not authorized to brief the media.

The U.S. military helped Pakistan after the 2005 Kashmir earthquake and floods in 2010, ventures that Washington used to bolster efforts to strengthen its ties with Islamabad, vital in the fight against al-Qaida. **THE ASSOCIATED PRESS**



In this Feb. 19, 2012 file photo, Pakistani Army soldiers with the 20th Lancers Armored Regiment carry supplies up the 2,400 meter mountain near their outpost in Pakistan's Dir district. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Australia-bound

Afghan migrants plucked from leaking ship in Indonesia

Indonesia says it has rescued 120 Afghan migrants from a leaking wooden ship headed to Australia.

An official called Joko from the National Search and Rescue Agency says they received a distress call from the ship's captain on Sunday and went to their aid. The Afghans were taken by tanker to a

port on the western side of Indonesia's Java Island.

Witnesses said Monday that police were still negotiating with the migrants, who were refusing to leave the tanker.

Joko says they will be handed over to immigration officers. Migrants without legal documents are usually deported home, while others may apply for asylum.

Migrants from conflict-ridden countries have long used Indonesia's thousands of islands as a transit point for their way to Australia.

THE ASSOCIATED PRESS

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Victims of deadly Soviet crackdown remembered

People lay flowers outside the Georgian parliament building Monday to mark the anniversary of the bloody 1989 Soviet crackdown on unarmed pro-independence supporters in downtown Tbilisi, Georgia. Georgians laid flowers and lit candles to honour the 21 people who were killed when Soviet forces broke up a crowd of demonstrators on April 9, 1989.

SHAKH AIVAZOV/THE ASSOCIATED PRESS



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Heated Front Seats		X	X



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Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. *Optima 3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 - April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of 3 payments (excluding taxes) to a maximum of \$400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to \$1,200 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. **Representative financing example based on 2012 Sportage (SR750) with a selling price of \$28,367 (includes delivery and destination fees of \$1,650, other fees and certain taxes (including tire levies and A/C tax (\$100, where applicable)) financed at 0% APR for 60 months. Monthly payments equal \$409 with a down payment/equivalent trade of \$2,799. License, insurance, applicable taxes, variable dealer administration fees (up to \$699), PPSA and registration fees are extra. Cost of borrowing of \$0, for a total obligation of \$28,367. Financing example excludes \$1,000 loan savings that is deducted from the negotiated selling price before taxes. Dealer may sell for less. See dealer for full details. ***Don't Pay for 90 Days** on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit. (OAC) (2011/2012 Sportage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *ECO-Credit for 2011 Optima Hybrid is \$1,000 and is applicable to the purchase or lease of a new 2011 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. **Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EcoGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. 2011 Optima Hybrid awarded Guinness Book of World Records for the Lowest fuel consumption in a hybrid gasoline vehicle while driving through all 48 adjoining U.S. states. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. Kia is a trademark of Kia Motors Corporation.

MOVIN' ON UP TO A DELUXE

Thinking of retiring on Mars? It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments



ELISABETH BRAW
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

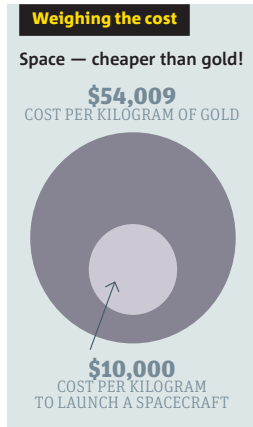
PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, as does the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," ex-



plains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some \$10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

Reluctant investors

Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration,"

he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/
METRO WORLD NEWS

MOON TOWN

Moon, the Earth's natural satellite, is the closest large celestial body to our planet. It's being pegged as our first location for space colonization, with plans to build a permanent base there by 2020.

POPULATION

180

LOCATION

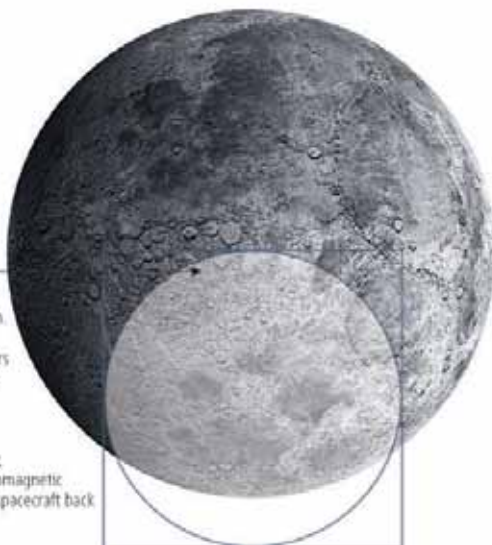
South Pole region

Region has longest exposure to the sun.

High elevation offers visibility over large area.

TRANSPORT

Lunar rovers (local);
Mass driver (electromagnetic catapult to launch spacecraft back to Earth)



BUILDINGS

Modules built on the surface, covered by lunar soil. Fused soil protects modules from air leakage, radiation and micrometeoroids.

LIVING ACCOMMODATION

5 units for 30 persons each, connected by soil-covered tunnels.

WORK SPACE, LABORATORIES

Area surrounded by living accommodation units, interconnected by tunnels. Emergency airlocks in every tunnel.

COMMUNICATION CENTER

Radio transmission towers, satellite dishes, etc., preferably on higher ground.

Thrusters on full: Sex in space



Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Anybody who has seen *Barbarella* or *Flash Gordon* will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions.

Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly

together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sick-

ness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as

long as astronauts have "a constant commitment to honourable behaviour."

What is the best space-sex tech available?

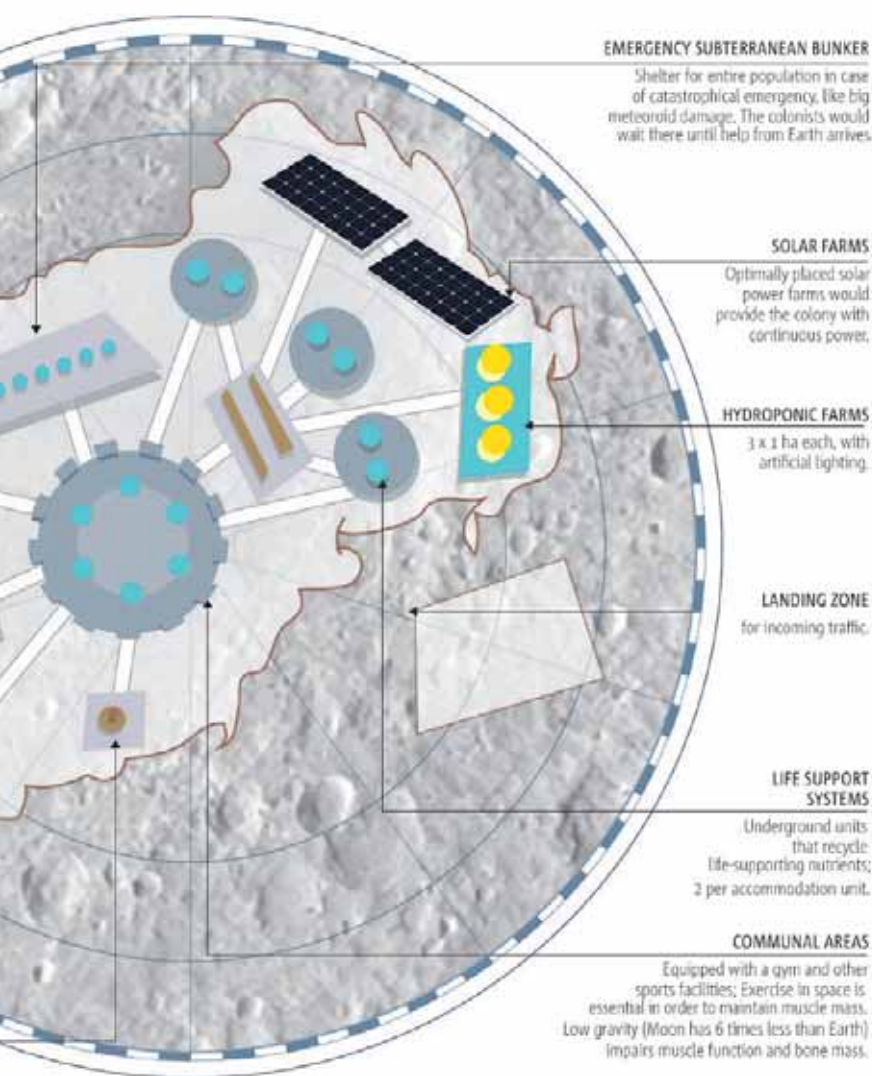
Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS

APARTMENT IN THE SKY



EMERGENCY SUBTERRANEAN BUNKER

Shelter for entire population in case of catastrophic emergency, like big meteoroid damage. The colonists would wait there until help from Earth arrives.

SOLAR FARMS

Optimally placed solar power farms would provide the colony with continuous power.

HYDROPONIC FARMS

3 x 1 ha each, with artificial lighting.

LANDING ZONE

for incoming traffic.

LIFE SUPPORT SYSTEMS

Underground units that recycle life-supporting nutrients; 2 per accommodation unit.

COMMUNAL AREAS

Equipped with a gym and other sports facilities; Exercise in space is essential in order to maintain muscle mass. Low gravity (Moon has 6 times less than Earth) impairs muscle function and bone mass.

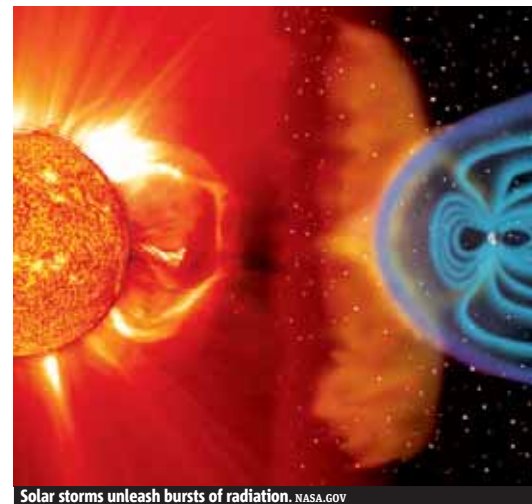
GRAPHIC: MIA KORAB, TEXT: DANIEL DENWISUR

Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.



Solar storms unleash bursts of radiation. NASA.GOV

Weather everywhere

"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."

Dr. John Farrow, professor of space applications, International Space University

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

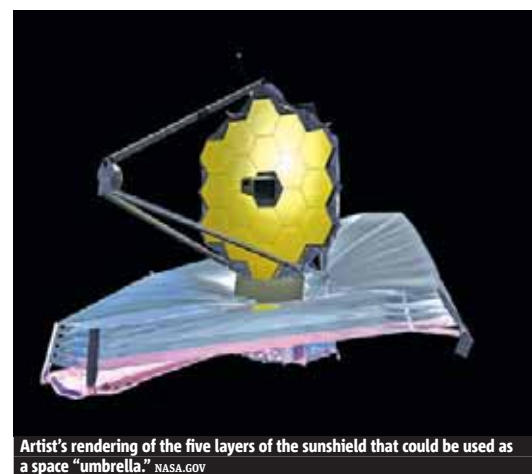
Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one-to-two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.



Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

Not surprisingly, space agencies have entire teams dedicated to space weather, but they face a daunting task: Creating weather-proof gear that weighs very little. Weight is an essential issue as each kilo of payload costs \$10,000 to launch into space.

In the meantime, space agencies have developed a new capability — and one that will be extremely useful even to us earthlings: Space-weather prediction.

"They can tell what's coming and issue an alarm to companies operating satellites," says Farrow.

"If the companies don't react, the satellites can be destroyed."

That would mean no cellphone calls, no satellite-beamed TV, no cloud-computing.

ELISABETH BRAW/METRO WORLD NEWS

Q&A

'Next step will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

When will we live in space?

Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the Moon and these asteroids.

What will habitats look like?

Very different from the International Space Station. They won't look different on the outside, but

the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther

away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth.

That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO
WORLD NEWS



In Metro Wednesday

- **Exploring the cosmic kitchen.** Metro takes a look at what's on the menu in space.

In Metro Thursday

- We reveal the Canadian finalist for our Metro Race for Space contest.

More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.



Tech deal. AOL selling more than 800 patents to Microsoft for \$1 billion

Faltering Internet icon AOL was able to squeeze out more than \$1 billion US from Microsoft for a trove of some 800 patents in an auction, the latest sign of just how valuable such portfolios can be for the world's biggest technology companies.

"There is a fight for market share occurring on multiple fronts — technology, patents, advertising," said Colin Gillis, an analyst with BGC Financial who covers Microsoft. "Microsoft, more so than others out there, has been (using) its patent portfolio as a way to generate licence fees. This should strengthen that."

Patents have become a hot commodity in the high-tech industry in recent years. They're useful both for attack (suing competitors) and for defence (warding off lawsuits with threats of countersuits).

AOL's shares surged to their highest level in more than a year following the announce-

Online edge

- Microsoft refused to say what the patents cover. Benchmark analyst Clayton Moran said they revolve around Internet technology, including advertising, search and mapping. This would help Microsoft go up against Google, a big rival that is ahead in all three areas.

ment. The company agreed to sell 800 of its patents and license others to Microsoft for about \$1.06 billion in cash. The New York-based Web site developer and Internet access company said it plans to return some of the sale proceeds to its shareholders. After the sale, AOL said it should have about \$15 per share of cash on hand.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.35¢
(-0.27¢)

TSX
12,018.5 (-84.61)

OIL
\$102.46 US (-85¢)

Natural gas: \$2.107 US (+1.8¢)
Dow Jones: 12,929.59 (-130.55)

GOLD
\$1,643.90 US (+\$13.80)

Facebook buys photo app Instagram for \$1 billion



The Instagram app is used on an iPhone Monday in New York. Facebook is paying \$1 billion to acquire the service. KARLY DOMB SAIDU/THE ASSOCIATED PRESS

Picture perfect.
Social-networking giant looking to expand its mobile presence with the acquisition

Facebook is spending \$1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they were taken in the 1970s or on Polar-

Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."

Facebook CEO Mark Zuckerberg

oid cameras.

"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public offering of stock next month. Getting Instagram is a big win for Facebook as it works to harness people's growing obsession with their mobile devices and sharing every moment of their lives. Instagram was only available on Apple devices until recently. An app for Android devices was released last week.

THE ASSOCIATED PRESS

Business optimism on the rise

Business optimism in Canada is rising sharply as the gloom of the winter months appears to be giving way to better expectations for sales, hiring and investment, a new Bank of Canada survey suggests.

The quarterly survey of senior management from 100 representative firms, conducted over four weeks in February and March, found the outlook for future sales among the most positive since the recession.

It showed 58 of the respondents expected higher sales in

the next 12 months, as opposed to 23 who expected fewer.

That put Bank of Canada's important measure of business confidence at a positive 35, a big turnaround from the negative four balance of opinion in its January report.

It follows an unexpectedly strong employment report last week from Statistics Canada, which said 82,000 jobs were added in March, reversing what had been a few months of modest employment downturns.

"The good Canadian news

just keeps rolling," said Derek Holt, an economist with Scotia Capital.

The snap-back in business confidence, while encouraging, raises the risk of the central bank moving to hike interest rates later this year, although there is no urgency, added Bank of Montreal's deputy chief economist Douglas Porter.

For that to happen, he said, "firmer business sentiment has to translate into firmer growth."

THE CANADIAN PRESS

Regional rates

TD Bank says persistently strong oil prices are giving the economies of resource-rich Prairie provinces a turbo-boost.

- The bank says in a new provincial economic outlook that Alberta will grow a robust 3.6 per cent this year, well above the 2.2 average for the country.

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I DON'T CARE ABOUT YOUR KLOUT SCORE



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Absolu-

tely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Collection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

Scope of influence

While I was quick to dismiss Klout, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100 million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100 million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on

to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: the New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life, so who knows what sort of obscure logarithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there's some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.



A shop in Tahrir Square is spray-painted with the word "Facebook" after the government shut off Internet access in this Feb. 4 file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate.

PETER MACDIARMID/GETTY IMAGES

Weather — a 'guilty pleasure'



Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington, D.C. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

Not your average March

High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

THE ASSOCIATED PRESS

Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

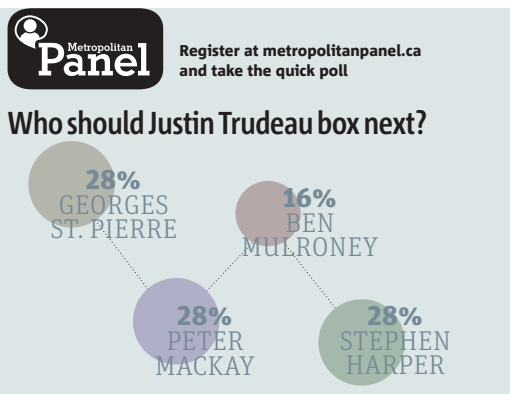
The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

Record-breaking

1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.



Twitter

@theleanover:

If anyone's missing a shoe, it's on the deck of the Low Level bridge. #yeg

@Archaeology:

I appreciate your laid-back attitude #yeg LRT. I didn't intend to spend an extra 10 minutes in Clareview, but que sera sera I guess.

@lisaapp:

Glorious morning in #yeg!!

Awoke to nothing but sun—not a cloud in the sky. Already plotting wagon rides & park trips :)

@byrtram:

I want to go watch some baseball tonight #jayshomeopener. Bring back the capitals #yeg

@metallicat51:

I think the question that I most want an answer for right now, is: what is the mosquito population looking like for #yeg this year?

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**Condo in ORLANDO
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Extreme Price Reduction
\$30,000



**Condo in ORLANDO
1 bed, 2 bath**
Extreme Price Reduction
\$30,000



**Condo in KISSIMMEE
2 bed, 2 bath**
Extreme Price Reduction
\$31,800



**Condo in Las Vegas
2 bed, 2 bath**
Extreme Price Reduction
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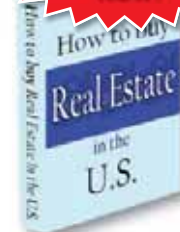
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2

SCENE

Scene in brief

Stars to
earn their
stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. *Stars Earn Stripes* is the working title of the show from veteran producers Dick Wolf (*Law & Order*) and Mark Burnett (*Survivor*, *The Voice*). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for *Stars Earn Stripes* wasn't announced.

On the web



Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit



Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Move over Bieber, here comes a Brit

New talent. British teen Conor Maynard is set to debut a single after being discovered on YouTube. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after

watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x. Maynard couldn't believe his luck.

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told *The Associated Press*.

"So I was like, 'Hi, NeYo.' That kind of killed any star-struckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, *Can't Say No*, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via

YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor

in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, *Can't Say No* has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

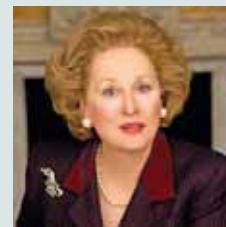
Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others.

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS

DVD reviews



The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL

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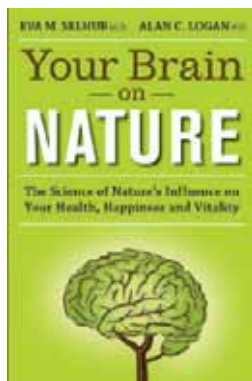
Take a fresh breath of nature and inhale the health benefits

New book. Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA MILNE
life@metronews.ca

Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer. But now experts around the world are gathering hard, scientific evidence for what



we all know innately: exposure to nature has a powerful

Nature nerds

Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too

much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

influence on the brain.

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called *Your Brain on Nature*.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were

among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

Best Health

Why we should eat whole grains



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, our Eat Well section includes easy and delicious recipes, and also shows you the latest and most credible research into the science of foods. In our March/April issue, on newsstands now, we outline the benefits of getting whole grains, which

are a great source of fibre and protein. Adults are supposed to get six to seven servings of grains a day. Here's why:

Fight "bad" cholesterol.

Years of research shows that oats can lower the body's "bad" cholesterol without an adverse effect on "good" cholesterol.

Blast belly fat.

A study published in 2011 in the journal *Obesity* linked eating more soluble fibre to reduced visceral fat. This fat is found deep in the belly surrounding vital organs; higher amounts are associated with high blood



pressure, diabetes and fatty liver disease. For every 10-gram increase in soluble fibre that study participants

consumed per day, visceral fat was reduced by almost four per cent.

Prevent gallstones.

A study published in the *American Journal of Gastroenterology* found that women eating the most foods high in insoluble fibre had a 17 per cent lower risk of gallstones compared to those eating the least.

Control blood sugar.

According to research done at Lund University in Sweden, eating the right grains for breakfast — such as whole-grain barley, either boiled or in bread — helped to moderate increases in

blood sugar for up to 10 hours. This is beneficial because large fluctuations in blood sugar levels are linked to an increased risk of type 2 diabetes, obesity and cardiovascular diseases.

Fights free radicals.

Spelt — an ancient grain related to wheat — is a rich source of manganese. It works with an enzyme that helps fight free radicals in the body that may play a role in aging, heart disease and cancer, preventing some of the damage the free radicals cause. A half-cup serving of cooked spelt provides 60 per cent of your daily needs.

3

LIFE

Health minute

Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the *Public Library of Science's PLoS One* journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times. The findings of this study, of course, imply that North America's already atrocious obesity rate is actually much worse than we know. Additionally, this means some may be unaware that they are obese (which is hard to imagine) and therefore not taking proper steps in health care.

METRO WORLD NEWS

On the Web



U.S. agency warns of cancer drug counterfeit

Get a breath of freshii air (& eats) during your lunch hour



Grilled burritos and frozen yogurt. CHRISTOPHER THRALL



LUNCH RUSH

Christopher Thrall
life@metronews.ca

Foraging in West Edmonton Mall can be dangerous. Deep-fried, high-calorie fare lurks within a number of food

court kiosks and some of the restaurant menus aren't much better. Any outlier among the craptastic ranks is to be prized. Freshii is an outlier indeed.

I decided against the "metabolism-boosting salad" and instead opted for a trio of breakfast burritos for under

\$4 each to feed the family. I added large frozen yogurts (\$4.99) with a couple of toppings each and some vitamin water (\$2.29).

We grabbed a food court table and peeled away the wrappings on our grilled burritos. The crisp, whole wheat shells pressed firmly down

on gooey melted cheese and some unexpected flavours. I savoured goat cheese and dijonaise with equal delight.

I was thrilled with my freshii find, and not just because of my sumptuous frozen yogurt festooned with blueberries and honey. I was full, content and felt better than after many a past food court foray. Thanks, freshii.

Visiting the restaurant

freshii

Address. 1586 West Edmonton Mall

Phone. 780-756-3355

Website. freshii.com

Rating. 3.5/5

Price range. Low

Reservations. No

Social lunch. Yes

Quick solo lunch. Yes

Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert



1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. **DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST.**

COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

Funeral etiquette



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were together for more than 20 years and have children. When there is a death or illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral. Please advise.

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult



Divorces can sometimes make attending a funeral a difficult process. ISTOCK

divorce, and now translating that into dealing with former family members for such things as death becomes really tough. Even worse, the stress and unease of death makes many

people react in an irrational and difficult way.

So back to your question; what should you do when you wish to attend a funeral of a divorced partner? Remember going to a

funeral generally has two objectives:

1. To assist you with your personal grieving process.
2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.).

First express your condolences and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years.

If they say yes, then attend the funeral, but out of respect for your ex-husband and children, keep a low profile. You are there to pay respects to the person who has just died.

In the event that the family says no, then don't make a big deal about it. You can celebrate this person's life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased.

Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with. This is the nicest and most gracious way to think of the living and the dead at the same time.

Two Sisters. Friends with flirting benefits



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I've been friends with a smart, gorgeous girl for two years now. All our friends always said we'd make a good couple if we were both single. But because she had a long-term boyfriend and I'd been dating, we just exchanged dating stories and flirted a little, but it was "safe" because we were both taken. Now she's single and so am I, and she's sowing her wild oats and still uses me as a confidant. Am I doomed to be her BFF? Boy not friend.

Claire: Dear BNF,

Don't you wish life were like the movies, so that one of your mutual friends would get her drunk then shout "Can't you tell your true love is right in front of you?" after which she would show up at your house declaring her lust for you?

Basically you two have become friends with flirting benefits. The question

is whether you can become more of a flirtation with friendship benefits. Turning it around takes guts and confidence on your part: you need to let her know you're into her without doing it so bluntly that you risk losing the friendship if she's not into being more than a friend.

Either way, you're in each other's lives.

Andrea: Dear BNF,

Ever hear of the Ladder Theory? Guys have one ladder for all women that they hopefully aren't related to: the higher up she is, the more he wants to sleep with her.

Girls, on the other hand, have two ladders: one is the "friend" ladder because unlike guys, we naively think we can have a platonic relationship with the opposite gender. The other is the standard dating ladder. Between them is the Pit of Doom.

Friends like you often try to jump ladders and fall into the pit, never to be seen again. So, if you can handle utter and total rejection, go for it.

If not, let her keep you on the top rung of friends.

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TESTING YOUR LIMITS

FINAL EXAMS CAN BE A TAXING TIME FOR STUDENTS

Preparing for final exams is one of the most stressful times of a student's life, but studying smartly can improve your scores and lower your heart rate.

Nellie Perret, a learning skills counsellor at the University of Toronto's Academic Success Centre, says most high schools use modular exams, meaning you are only tested on what you have learned since the last test. But university and college exams are usually cumulative, meaning you have to dig back to the start of the course. You can't cram that much information into your head in the weeks before the exam.

Perret advises using cumulative reviews as you go so you know it cold

when exam season rolls around.

Even if you are starting two weeks before the exam, you might still be able to pull it off. "Counterintuitively, start reviewing material you already know pretty well," she says. "That's what you can potentially ace."

Look at old exams or midterms to see what questions have appeared in the past. Meet with other students to brainstorm on key content areas in the course.

"The last thing they should do is try to learn new material. That's where they're going to be dealing with a limited memory space," she says. "The likelihood of their doing well on it is pretty slim."

Write that key information on an index card and stare at it until you go into the exam room. "And then write it down immediately, or otherwise it's gone," Perret says.

Sarah Bouchard, a fifth-year political science/religious studies student at Dalhousie University, says students are juggling a lot at the end of term.

"Students are trying to focus on their exams and final papers, but also setting up summer jobs or co-ops, and finding housing, among other things," she says. "The pressure to perform well at this time of year is at its peak."

She urges students to attend any review sessions the class holds, and

then book a meeting with the professor. Bring questions and take notes.

"I know it can seem scary, especially for first-year students (and) especially if you've missed a lot of classes," Bouchard says. "But trust me, your professor wants to help you and is a gold mine of helpful information."

Practise writing your answers so your brain is used to synthesizing it on paper.

"And most of all, get a good night's sleep, eat properly, and exercise," she says. "These are not only stress-busting mechanisms, but they also get your brain going."

— Jon Tattrie

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Regardless of each student's experience, NAIT can tailor the course to add to existing skills or to work with students that need extra help. The school's instructors have taught thousands of students who enter the course with different levels of

experience. All of the instructors are professional motorcycling experts.

Program graduate Marina said: "The instructors at the NAIT motorcycle program were helpful, enthusiastic, and very knowledgeable. They went above and beyond the call of duty to help me learn to ride a motorcycle. I would highly recommend this course to anyone that is new to the sport like I was."

The total training time is 16 hours over two days. Expert, certified instructors will guide you through motorcycle basics such as balance and control, emergency manoeuvres in curves and straight lines, collision avoidance, and braking and acceleration.

When your training is complete you will have the option to take the Class 6 motorcycle practical test and will be able to use NAIT's motorcycles. In accordance with new regulations, on-road testing is mandatory. Students will need



NAIT PHOTO

to purchase a testing permit from any Alberta Registry and take a Class 6 on-road test.

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John Maxwell

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You don't have to fly to Atlanta to experience the teachings of some of North America's top leaders — you can experience it all right in Edmonton.

The CFA Leadercast was formed in 2000 by leadership expert John Maxwell and takes place each May in Atlanta, Ga.

Wanting to allow more individuals to participate in this event than those strictly around the Atlanta area, Leadercast is streamed live to host sites around the world, including Edmonton.

"We jumped at the chance to organize an event that would allow for the Edmonton community to receive this leadership training from some of the most highly-respected leaders in North America," says Jason Mills, Leadercast Edmonton co-ordinator.

"The calibre of leaders that have been associated with this conference is

FULL DAY EVENT

The Leadercast Edmonton conference is a full day event, running May 4 from 9 a.m. until 4:30 p.m. and will be held at the Westin Hotel in Edmonton.

Attendees will also have a chance to win door prizes. This event is an excellent networking opportunity for leaders throughout the greater Edmonton region.

Registration comes with a catered breakfast and lunch.

incredible, and this year is no different."

Joining Maxwell is Andy Stanley, Patrick Lencioni, Marcus Buckingham, Soledad O'Brien, and many other top-calibre leadership experts.

"Not only does (Maxwell) have a

great sense of humour, but he is a wealth of knowledge and experience, and you leave knowing practical steps you can take to improve as a leader," says Mills.

One of the most exciting speaker announcements this year is the addition of Tim Tebow, who was one of the main stories of the past NFL season.

"It's been a very wild year for him in the NFL, but throughout it all he has been nothing short of a professional and a leader," says Mills.

The conference will be a full day of teaching and sharing from these leaders on how they have been able to lead their teams, build up those around them, and find great success in their various fields.

More information can be found on this event at chick-fil-a-leadercast.com and LeadercastYEG.com.

— Candice Ward


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A SOLID FOUNDATION FROM TOP TO BOTTOM

NORQUEST OFFERS HOME INSPECTION COURSE

NorQuest College's new home inspection program is ready to support Alberta's growing real estate market.

According to the Canada Mortgage and Housing Corporation, Alberta's real estate trend for 2012 is on the way up. This translates into growing professional opportunities in the real estate sector, like home inspection. A few decades ago, home inspection did not exist in North America. Today, more than 70 per cent of resale homes are inspected.

Home inspection is a rewarding professional consulting practice. Consultants help buyers make informed decisions about the property they are considering. Like doctors who are general practitioners, home inspection consultants are generalists with broad knowledge across several disciplines — from the foundation to the roof, and everything in between.

"NorQuest's home inspection program offers learners the skills required to potentially work as independent consultants," says Michael

Mason, manager of Business Development at NorQuest College. "With ongoing growth of the real estate sector, the opportunity to become your own boss in the field of home inspection is excellent."

The program's curriculum is provided by nationally recognized home inspectors, Carlson Dunlop, and is based on the National Occupational Standards for home inspectors in Canada. A construction background is not required. The program helps simplify the technical concepts and avoids theoretical discussions, formulas and calculations.

Conveniently, learners can take NorQuest's home inspection program from the comfort of their own home. Through distance learning, NorQuest provides accessible education in more than 200 communities.

For more information about the home inspection program, call 780-644-6480 or email continuingeducation@norquest.ca. For more information about NorQuest College, visit norquest.ca.



NORQUEST PHOTO



UNIVERSITY OF ALBERTA PHOTO

U OF A NURSES MAKE A DIFFERENCE

Nursing students at the University of Alberta are now making a difference outside the hospital and in the community.

Partnering with The Mustard Seed, the Faculty of Nursing has committed to fundraising for and preparing 12 meals from January to April as part of a partnership based on a mutual interest in the overall improvement of care for people living in poverty.

"The Mustard Seed provides students with a first-hand opportunity to learn about the social determinants of health, as well as an opportunity to think about how they can make a difference as individuals and as professionals," says Anita Molzahn, dean and professor of nursing at the U of A.

First-year students also take part in an eye-opening experience by taking part in the Social Issues Walk.

The walk exposes students to issues surrounding social justice, housing, ed-

ucation, health care and the various agencies in Edmonton's downtown core.

Students learn about the inner city and landmarks, including The Mustard Seed, Remand Centre and the former site of Tent City.

"We certainly appreciate the meals these students provide and their eagerness to learn about issues of poverty and homelessness so they can better serve those affected by these challenges," says Sarah Nicolai-deKoning, student engagement co-ordinator with The Mustard Seed.

"Often, people forget that this community needs help outside the holiday season."

For more information about the U of A Faculty of Nursing, visit nursing.ualberta.ca.

— Candice Ward,
with files from the University
of Alberta Faculty of Nursing



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THE RIGHT PLACE FOR AN EDUCATION

PROGRAMS AT UNIVERSITY OF LETHBRIDGE ARE DESIGNED FOR YOUR SPECIFIC NEEDS

For one recent University of Lethbridge graduate, the post-secondary experience was just as important as the quality of education she received.

"I thoroughly enjoyed my experience at the University of Lethbridge," says Andrea Gibson, project manager at The Met Agency and graduate of the Bachelor of Management program at the U of L Edmonton campus.

"Between the people I met, the instructors who taught, and the atmosphere they created for students, I really felt like I was in the right place to complete my education."

After completing a diploma from another post-secondary institution, Gibson was interested in expanding her knowledge base and knew the U of L was the right fit for her.

"Their program stood out to me because it was designed specifically for people in the same scenario as I was in," says Gibson.

"Their program structure made so much sense for my lifestyle and what I wanted to achieve."

It was the small class sizes that initially drew Gibson to U of L, but because of the U of L program, Gibson was able to gain work experience and go to school at the same time.

She was able to complete her degree and progress in her career faster than if she would have if

she had to go to school during the day for another two years.

"I was able to learn so much just by hearing from other students' experiences in their own jobs," says Gibson. "We were all there for the same purpose and brought real life examples to the table."

Gibson also credits the quality of her instructors to her success.

"They were extremely helpful and were definitely a contributing factor to my positive experience by bringing years of experience, both in the work life and from teaching at other institutions in the city," says Gibson.

For more information on the University of Lethbridge, Edmonton campus, visit uleth.ca/edmonton, or call 780-424-0425.

— Candice Ward



Andrea Gibson

UNIVERSITY OF LETHBRIDGE PHOTO

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MORE OPTIONS WITH MACEWAN



ISTOCKPHOTO/THINKSTOCK

Growing demands for educated workers has led MacEwan University to increase the number of educational options available to their students.

The Bachelor of Commerce program has recently added two exciting new majors (human resources management, and marketing) in an effort to appease both student and employer demand.

“The Bachelor of Commerce program at MacEwan has seen immense growth in student enrolment since it was inaugurated a few years ago,” says

Gordon Lucyk, co-chair, student services, Bachelor of Commerce for MacEwan University.

The Bachelor of Commerce program now offers students the choice of one of six majors — management, international business, accounting, supply chain management co-op, human resources management, and marketing.

Students of the marketing major will learn how to effectively and creatively set the tone for any organization.

“We are providing students with the

ability to integrate the marketing message in with overall corporate strategy, which is an extremely valuable competency in today’s business world,” says Lucyk.

The new HR program exposes students to theories, concepts, practices, legislation and skill development associated with organizational effectiveness, staffing, employee and labour relations, compensation, training and health and safety.

This might include knowledge of employee rights, theories of motivation

‘BIG EDUCATION’

Both of these new majors will begin this fall.

MacEwan also offers students a big education in a small environment, with small class sizes and industry-leading instructors.

For more information about the Bachelor of Commerce program or the human resources or marketing majors, visit macewan.ca/bcomm.

or change management, or skill development in conflict management and negotiation.

“Even in a stable economic climate, all organizations have recurring and on-going challenges finding, rewarding and retaining good employees, and it is through the guidance and assistance of qualified human resources management professionals that organizations are able to design and implement better people practices in an increasingly competitive labour environment,” says David Parkes, chair, Human Resources Management program, School of Business at MacEwan.

The two-year Human Resources Management diploma is still available through full-time evening classes, and part-time and online classes.

— Candice Ward

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ACADEMY OFFERS UNIQUE BLEND OF LEARNING

An aging population means an increased need for health-care-related workers, and Academy of Learning offers individuals the tools to get into this profession faster.

“The aging population and natural growth in the health-care industry mean the likelihood of employment in any health-care-related profession is growing right along with them,” says Brady Sylvester, admissions adviser for Academy of Learning.

“Academy of Learning health-care programs are recognized by employers across the province, with a graduate employment rate over 90 per cent.”

The newly updated Health Care Aide program and Medical Office Assistant pro-

gram provides graduates with the skills and certification required to work in the industry.

The Medical Office Assistant program offers students the choice of either the unit clerk and veterinary specialties.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

The college offers career training in the main areas of health care, office administration, accounting, IT and web design.

“Our Integrated Learning System allows students to set their own schedules, start whenever is right for them, and still have the one-on-one support they need, as soon as they need it,” says Sylvester.

“Academy of Learning offers a unique blend of flexibility and support that is unmatched in career education.”

With enrolment every week, there is no need to worry about wait lists or waiting for the next semester at Academy of Learning.

For more information about Academy of Learning, visit academyoflearning.com.

— Candice Ward



LEARN ON HIGH NOTE

U OF ALBERTA OFFERS EXTENSIVE MUSIC PROGRAMS

Founded in 1945, the University of Alberta Department of Music fosters excellence and innovation in the creation, performance, study and teaching of music.

Whether you dream of performing or have an interest in learning how and why music is made, the Department of Music offers extensive programs in the creation, performance, historical, analytical and cultural study of music.

"We inspire and guide students in their musical journey, facilitate opportunities and augment learning," explains interim chair Dr. Debra Cairns.

Offering a variety of distinct routes in undergraduate studies including a Bachelor of Music in composition and theory, music history, performance, world music, general studies or combined Bachelor of Music/Bachelor of Education, music preserves classic



UNIVERSITY OF ALBERTA PHOTO

traditions while breaking new paths.

"We challenge students towards excellence to be inquisitive, organized and well-prepared, to be receptive to new teaching, research and professional concepts, and to be open to guidance offered in pursuit of their goals."

Offering more than 180 concerts, lectures and master classes each season featuring department staff, students and distinguished visitors, ours is a vibrant community committed to providing continuous opportunity to grow as a music professional.

Hone your passion, develop your talent. Undergraduate applications open through May 1 at music.ualberta.ca.

YOU ONLY GET ONE FIRST IMPRESSION

MAKE SURE YOUR RESUMÉ STANDS OUT FROM OTHERS

Once you have identified your ideal summer job, you need a great resumé to land an interview. Many post-secondary institutions offer help at student services.

Christine Frigault, co-ordinator of career planning services at Mount Saint Vincent University, says students regularly make use of the school's "resumé critiques."

She says the average time an employer spends looking at a resumé is 30 seconds. If you fail to catch their eye in that narrow window, your application goes in the recycling bin. To stay in contention, Frigault says you should research the employer and the position and craft a resumé to match.

"The resumé should be revised each time you apply for a job," she says.

Students may want to use a "function-

DOS AND DON'TS

If you land an interview, keep these "dos and don'ts" in mind.

Do dress for success. Look crisp and professional; iron your shirt. Do learn as much as you can. Visit the company's website. Talk to people inside the organization. Do show up 10 minutes early.

Don't answer a question you don't understand. It's better to ask for clarification than ramble on hoping you land on a suitable answer. Don't let your phone ring.

al" format, which emphasizes skills over experience. With few jobs to boast about, highlight academic work, volunteer positions and other activities. Bullet points can make the information pop out.

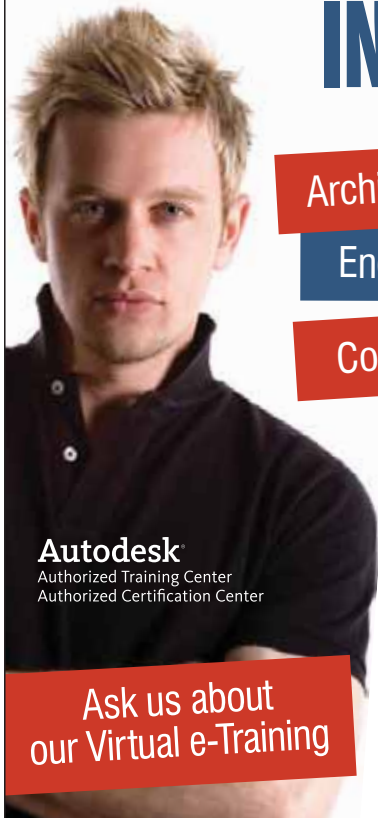
Two pages is the maximum length for a resumé, and one page may be better.

You get another page for the cover letter.

—Jon Tattrie

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LEARN MORE ABOUT CMAs AT SPEAKER SERIES EVENT

Learn more about how the certified management accountant (CMA) designation can propel your career by attending the upcoming CMA Alberta Speaker Series.

Featuring top-level CMAs, individuals will discover that a CMA designation opens doors and increases your professional potential.

"This event is an excellent opportunity for aspiring CMAs to experience firsthand the positive impact the CMA designation can have on their careers," says Nawshad Sunderji, CMA, manager of finance, City of Calgary.

Two top CMAs will be speaking to Edmonton attendees this year.

Nicole Heinz, CMA, accounting manager, PCL Construction, will share her knowledge of the designation and the impact a CMA has had on her career.

Heinz is the accounting manager of PCL Construction Resources, an asset management company, which supports PCL offices across North America.

After joining PCL in 2008 as a project accountant, Heinz quickly moved up the ranks to become accounting manager in 2011.



CMA PHOTO

George Coon, FCMA, CFP, assistant VP, Prairies Region, HSBC Premier, Private Client Group, HSBC Canada, will also speak at the event.

Coon is the assistant vice-president with HSBC Premier Private Client

Group in Edmonton.

Attendees can expand their professional networks by meeting CMAs from various industries throughout the city and asking questions about their career paths.

The event takes place April 19 at The Westin. The networking reception begins at 5:30 p.m., with speakers to follow at 6:30 p.m.

To RSVP for the event, please reply to yourpath@cma-alberta.com or visit cma-alberta.com/ss for more information. — Candice Ward



WAVEBREAK MEDIA/THINSTOCK

GAIN HANDS-ON KNOWLEDGE AT DIGITAL SCHOOL

Man or woman, a career in computer-aided design (CAD) is waiting for you.

Traditional gender role lines among occupations for men and women have long since been erased, but their faded hints remain. Digital School is hoping more women will begin to see past these lines and step into a career in CAD.

"The jobs are there for men and women, and women particularly are being encouraged to enter into 'non-traditional' fields," says Danny Luong, Digital School admissions adviser.

"If attention to detail is one of your strengths; if you like working with highly skilled professionals in an atmosphere of respect and purpose; if you have a keen eye for the aesthetic and the practical; a career in CAD might be just what you're looking for."

With Alberta being home to some of the most innovative industries and employers in the world, gender is not a qualification for CAD professionals.

According to Academy of Learning, the Alberta government estimates that

hundreds of job openings will be created this year and in the near future by growth in the industry and natural turnover and skilled, trained individuals are needed to fill these jobs.

Digital School is a private career college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer-aided design.

For more information about Digital School, call 780-414-0200, or visit digitalschool.ca. — Candice Ward

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DRESS FOR SUCCESS AT INTERVIEWS

You can't make a second first impression on a job interview, and your clothes will speak volumes before you get the first hello out of your mouth.

Chloe Chalmers organizes the University of Alberta's "after-u" program preparing students for life in the post-educational world. A course called "Dress for Success" drills the importance of appearance to students.

"It helps students develop some of those professional skills so that they are armed with the full package," she says. "They've got a university degree and they're presenting themselves well at their first job interview."

Chalmers says students are savvy, but sometimes can be so focused on their studies that appearance slips beneath their radar. "We make sure students are giving as much thought to the way they present themselves as they would to writing their cover letter or building their resume."

Before choosing your interview outfit, familiarize yourself with the company's culture. If you know someone who works for or has worked for the company, find out how people dress in the office. Is it casual, formal, or funky? If you

don't have an insider, check out bio photos of staff on the website.

Err on the side of too formal, rather than too casual. The former says you are too serious about the job, while the latter indicates you are not serious enough. But ties and blouses aren't al-

ways the best bet.

"If you're a design student and you're applying for a graphic design position with a really funky marketing company, I think it's OK to go into an interview dressed in a very trendy, cutting-edge kind of way. In fact, you are

expected to," Chalmers says.

"But if you're applying for jobs in finance, it's a more traditional environment and you're probably going to be expected to dress more conservatively."

Grooming is critical, too. That means

a clean shave or neat beard for men, and tidy haircuts, clean teeth and fresh breath for everyone.

"People extrapolate and think if you're not taking care of your own appearance, maybe you're sloppy in other ways, like your work," Chalmers says.

Here are some tips when dressing for interviews:

- Invest in a few classic clothes that can be worn to interviews and, hopefully, work for years.
- Iron your shirt/blouse and slacks.
- Make sure your clothes aren't too tight, too short, or too revealing.
- Polish your shoes.
- Arrive 10 minutes early and check yourself out in a mirror.

— Jon Tattrie



HEMERA/THINKSTOCK

AVOID STARVING STUDENT SYNDROME

Many students hit a financial wall in the spring as the school year outlasts their school savings. Experts say there are ways to keep afloat during lean times, and ways to ensure that next year isn't as tight.

Jonathan McCauley, manager of student financial assistance at the University of British Columbia, says the end of the school year frequently finds students running into empty bank accounts.

"They haven't planned as well as they could have, or are running into unexpected financial problems like their car breaking down," he says. "At this point of the year, it's pretty much just looking to fill the gap."

He suggests stopping by student serv-

ices to see about emergency funding, bursaries or grants of which you may be entitled. You can also get a loan via the school, bank or your parents, but that will have to be repaid. A part-time job or work study program could bring in extra money.

McCauley says it's a good time to think long term to avoid a repeat next spring. If you get a summer job, focus not on your summer earnings, but your summer savings.

"With money coming in over the summer, it's very easy to spend money," he cautions. "Before you know it, September rolls around and you might have the newest iPad, but you still have to save for those eight months."

Start a budget. Lay out how much you can afford to spend on each category and stick to it. There are big-ticket ways to cut expenses: Ideally, you would swallow your pride and live at home rent free, or for a cover-the-costs rent. If that isn't possible, look at more affordable neighbourhoods and find roommates to share the costs.

Even cheap cars are expensive when you factor in insurance, maintenance and winter tires, to say nothing of gas and parking. Get a u-pass and stick to public transportation.

Little things add up, too. McCauley was surprised to find he spent \$80 per month, or \$960 per year, on takeout coffee.

— Jon Tattrie

Small savings, big payoff: 5 easy steps to an extra \$2,000 RRSP contribution

It's not rocket science. A few little tricks can help you maximize your RRSP contribution before next year's deadline



YOUR MONEY
Alison Griffiths
money@metronews.ca

You've finished your tax return and you're upset because the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can

Alison's money rule

"Small monthly changes now add up to a bigger RRSP contribution."

do for 2011 but you still have over 10 months to find an extra \$2,000 to ease next year's tax burden. (The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)

1. Devote some of your tax refund to your RRSP (\$750)

Last year, according to the Canadian Revenue Agency, the average refund was \$1,506, most from payroll deductions. Take half of that and put it into your RRSP.

2. Increase your monthly RRSP contributions by \$50 (\$500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at \$50 a month. If one is in place increase the deduction by \$50.

3. Save your coins (\$250)

This is an easy and painless way to build up excess



This little piggy can help you with step #3. ISTOCK IMAGES

cash. Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house. Count it up monthly and take it to the bank. Try a little coin-saver dance with each deposit.

People will think you are weird but remember, you're laughing all the way to the bank.

4. Windfalls (\$225 annually)

Ask your parents, grand-

parents and siblings for cash gifts instead of those icky ties and dreadful drugstore bath sets. Explain why and most will be delighted to have that chore lifted from their shoulders.

Think long-term

Here's a cool 20-year plan:

- **\$70,000.** Contributing an extra \$2,000 annually will increase your retirement savings by nearly \$70,000 in 20 years (assuming a five per cent average rate of return).

5. Eliminate one non-necessity a week (\$275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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Home selling tips

Sleepless in suburbia

After two years of delibera-



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

tion, I listed my house for sale this week. Though I love my place, I have been dreaming of inner city living for years — walking to work, biking to the grocery store, spending less time driving and more time enjoying life.

Listing my property was the easy part. But, my nerves are keeping me up at night. Will my property sell? Can I afford a more expensive home? To reduce my anxiety, I've adopted frugal home-buying basics.

First, buying an affordable home starts with knowing what your budget can handle. I spent three hours last Monday running various budget scenarios addressing monthly mortgage payments, property taxes and more.

Using an online banking calculator, I determined the maximum home value I can afford within my desired budget.

I sat down with my mortgage broker on Wednesday to get a pre-approved mortgage. Surprisingly, I was approved for over one hundred thousand dollars more than what



Frugal home buying basics can help you avoid home poverty. ISTOCK IMAGES

I thought I could afford. But, I'm going to stick with my original budget and avoid home poverty.

On Thursday I started researching mortgage rates for two reasons; first was to fine-tune my budget calculations and second was to prepare myself for an imminent interest rate negotiation when I'm ready to formalize a mortgage. Current mortgage rates are historically low, making payments more affordable.

Friday was the first day I looked at new properties and the day my existing home became available for showings

to potential buyers. Though I didn't find my dream home, nor did my house sell, I found it valuable to see what's available in the market.

Because of my moderate tolerance for risk, it's become clear to me throughout this weekend that my personal preference is to sell my existing home before I make an offer on a new one. That way I won't end up financially strapped; carrying two homes accidentally.

Getting organized and being frugal is calming my nerves and restoring my sleep.

Young Oilers stars eager for team to reach next level

NHL. Taylor Hall says team needs to be a contender next season

After six years out of the playoffs and a 29th-place finish on the heels of consecutive 30th-place seasons, the promise of a bright future is starting to wear thin for fans of the Edmonton Oilers.

It's not going over a lot better with Taylor Hall, one of the players those hopes hinge on.

While Hall, at the heart of Edmonton's rebuild along with fellow second-year player Jordan Eberle and rookie Ryan Nugent-Hopkins, has high hopes for the future just as fans do, he isn't willing to use short-term pain in the name of long-term gain as a crutch indefinitely.

Hall, his second season ended by shoulder surgery, made his expectations for next season abundantly clear as the Oilers cleaned out the dressing room and did exit interviews at Rexall Place Monday.

"I definitely think we have a good, young core here and we're definitely exciting and we definitely have a lot of potential, but I think we were sitting here last year saying the exact same thing," Hall said.

"At some point, it's got to turn into something. It can't all be hope and promise because eventually the fans are going to stop hoping, they're going to stop wanting and they're going to stop coming.

"I think next year has to be a playoff year. We have to be a contending team, at least, a team that teams are afraid to play because of our skill level, the way we compete and the way we play defence. It is fun to be in that young nucleus of really good players, but we have to do something with it eventually."

With a 3-0 loss to Vancouver Saturday, the Oilers finished the regular season with a record of 32-40-10 for 74 points, leaving them 14th in the Western Conference and 29th overall.

While that represents modest progress, a total of seven more wins than 2010-11 and 14 more points than the 62 of the previous two seasons, there remains work to do. Even with the gains, the Oilers finished 21 points back of the eighth-place Chicago Blackhawks.

When fans talk about a climb back to respectability, most of the talk revolves around Eberle, 21, Hall, 20, and Nugent-Hopkins, 18. They had terrific seasons and finished one-two-three in team scoring.

Aside from Eberle, Hall and Nugent-Hopkins, defenceman Jeff Petry and goaltender Devan Dubnyk made great strides and took on bigger roles as the season went on. At the same time, veterans like captain Shawn Horcoff and Ryan Smyth took lesser roles.

"We're not far off," Smyth said, when asked about contending for a playoff spot next season. **THE CANADIAN PRESS**



Jordan Eberle, left, and Taylor Hall celebrate after Eberle scored a goal 10 seconds into their game against the Sharks on March 6 in San Jose. THEARON W. HENDERSON/GETTY IMAGES

Unsatisfied

"I think you just need that winning mentality, to be honest. We've obviously lost a lot of games the last couple of years. You can't be satisfied with what we did." Jordan Eberle, looking ahead to next season.

NHL. Sedin returns to ice as Canucks prep for Kings

Although Daniel Sedin was quiet after practising for the first time since suffering a concussion, his twin brother sounded confident Vancouver's leading goal-scorer could be ready to play sooner than later.

"He's 100 per cent now," said Henrik Sedin on Monday as Vancouver prepared for its first-round Western Conference series against the L.A. Kings. Game 1 is Wednesday in Vancouver with Game 2 scheduled for Friday.

Daniel Sedin's practice was his first since Duncan Keith elbowed him in the head on March 21 during a Canuck loss in Chicago. **THE CANADIAN PRESS**



Daniel Sedin
DOUG PENSINGER/GETTY IMAGES FILE

NBA

Mavs put Odom on inactive list

The Dallas Mavericks and Lamar Odom are done with each other.

The reigning Sixth Man of the Year and the defending NBA champions who are trying to make sure they get back to the playoffs ended their partnership Monday after an underwhelming 50-games.

"We've got to be able to look down that bench and count on folks to be consistent," general manager Donnie Nelson said. "Unfortunately with him in his state right now, he's just not capable of doing that."

THE ASSOCIATED PRESS

NFL. Goodell upholds penalties in bounty case

Sean Payton now knows for certain he won't be coaching in 2012.

And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over their team.

NFL commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the NFL's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked opponents out of games or hurt them enough that they had to be helped to the sideline.

Payton's suspension begins

Saints coach search

Sean Payton's suspension was supposed to begin April 1, but he was allowed to continue working during his appeal, delaying plans to select an interim coach.

Monday and runs through the Super Bowl in New Orleans. Goodell upheld bans of eight games for GM Mickey Loomis and six games for assistant coach Joe Vitt, along with a \$500,000 US fine and the loss of second-round draft picks for two years. **THE ASSOCIATED PRESS**

4

SPORTS

Lokomotiv tragedy

Russian club finds coach for rebuild

After becoming the new head coach of Lokomotiv Yaroslavl, Tom Rowe was intent on looking ahead to a bright future rather than focusing on the Russian team's tragic past. The 55-year-old American accepted the job with the rebuilding KHL team on Monday after spending more than a decade working in various roles for the Carolina Hurricanes organization. "It's a great opportunity for me," Rowe told The Canadian Press. "My family and I are very comfortable with it and looking forward to it." Lokomotiv is expected to rejoin the KHL next season after spending a year recovering from the September plane crash that killed 44 people, including the entire team and coaching staff. The job opportunity came with a phone call from former NHL executive Mike Smith, who is helping with the Lokomotiv's rebuilding efforts and wanted to see if Rowe would be interested in the position. He later went through an interview with team president Yuri Yakovlev.

THE CANADIAN PRESS

On the web



Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month's IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story.

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

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CONFERENCE QUARTER-FINALS

(Best-of-7) — All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)

Thursday's game

Ottawa at N.Y. Rangers, 7 p.m.

Saturday's game

Ottawa at N.Y. Rangers, 7 p.m.

Monday, April 16

N.Y. Rangers at Ottawa, 7:30 p.m.

Wednesday, April 18

N.Y. Rangers at Ottawa, 7:30 p.m.

Saturday's game

x-Ottawa at NY Rangers, 7 p.m.

Monday, April 23

x-N.Y. Rangers at Ottawa, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

Boston (2) vs. Washington (7)

Thursday's game

Washington at Boston, 7:30 p.m.

Saturday, April 14

Washington at Boston, 3 p.m.

Monday, April 16

Boston at Washington, 7:30 p.m.

Thursday, April 19

Boston at Washington, 7:30 p.m.

Saturday, April 21

x-Washington at Boston, 3 p.m.

Sunday, April 22

x-Boston at Washington, TBD

Wednesday, April 25

x-Washington at Boston, TBD

FLORIDA (3) VS. NEW JERSEY (6)

Friday's game

New Jersey at Florida, 7 p.m.

Sunday's game

New Jersey at Florida, 7:30 p.m.

Tuesday, April 17

Florida at New Jersey, 7 p.m.

Thursday, April 19

Florida at New Jersey, 7 p.m.

Saturday, April 21

x-New Jersey at Florida, 6:30 p.m.

Tuesday, April 24

x-Florida at New Jersey, TBD

Thursday, April 26

x-New Jersey at Florida, TBD

PITTSBURGH (4) VS. PHILADELPHIA (5)

Tomorrow's game

Philadelphia at Pittsburgh, 7:30 p.m.

Friday's game

Philadelphia at Pittsburgh, 7:30 p.m.

Sunday's game

Pittsburgh at Philadelphia, 3 p.m.

Wednesday, April 18

Pittsburgh at Philadelphia, 7:30 p.m.

Friday, April 20

x-Philadelphia at Pittsburgh, 7:30 p.m.

Sunday, April 22

x-Pittsburgh at Philadelphia, TBD

Tuesday, April 24

x-Philadelphia at Pittsburgh, TBD

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)

Tomorrow's game

Los Angeles at Vancouver, 10:30 p.m.

Friday's game

Los Angeles at Vancouver, 10 p.m.

Sunday's game

Vancouver at Los Angeles, 10:30 p.m.

Wednesday, April 18

Vancouver at Los Angeles, 10 p.m.

Sunday, April 22

x-Los Angeles at Vancouver, TBD

Tuesday, April 24

x-Vancouver at Los Angeles, TBD

Thursday, April 26

x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7)

Thursday's game

San Jose at St. Louis, 7:30 p.m.

Saturday's game

San Jose at St. Louis, 7:30 p.m.

Monday, April 16

St. Louis at San Jose, 10 p.m.

Thursday, April 19

St. Louis at San Jose, 10:30 p.m.

Saturday, April 21

x-San Jose at St. Louis, 7:30 p.m.

Monday, April 23

x-St. Louis at San Jose, TBD

Wednesday, April 25

x-San Jose at St. Louis, TBD

PHOENIX (3) VS. CHICAGO (6)

Thursday's game

Chicago at Phoenix, 10 p.m.

Saturday's game

Chicago at Phoenix, 10 p.m.

Tuesday, April 17

Phoenix at Chicago, 9 p.m.

Thursday, April 19

Phoenix at Chicago, 8 p.m.

Saturday, April 21

x-Chicago at Phoenix, 10 p.m.

Monday, April 23

x-Phoenix at Chicago, TBD

Wednesday, April 25

x-Chicago at Phoenix, TBD

NASHVILLE (4) VS. DETROIT (5)

Tomorrow's game

Detroit at Nashville, 8 p.m.

Friday's game

Detroit at Nashville, 7:30 p.m.

Sunday's game

Nashville at Detroit, 12 p.m.

Tuesday, April 17

Nashville at Detroit, 7:30 p.m.

Friday, April 20

x-Detroit at Nashville, 8 p.m.

Sunday, April 22

x-Nashville at Detroit, TBD

Tuesday, April 24

x-Detroit at Nashville, TBD

x — played only if necessary.

NHL DRAFT LOTTERY ODDS

The odds of winning the first overall selection

in the NHL's 2012 entry draft (lottery to be

held tonight at 8 p.m. ET):

Columbus Blue Jackets: 25.0%

Edmonton Oilers: 18.8%

Montreal Canadiens: 14.2%

N.Y. Islanders: 10.7%

Toronto Maple Leafs: 8.1%

Anaheim Ducks: 6.2%

Minnesota Wild: 4.7%

Carolina Hurricanes: 3.6%

Winnipeg Jets: 2.7%

Tampa Bay Lightning: 2.1%

Washington Capitals (from Colorado): 1.5%

Buffalo Sabres: 1.1%

Dallas Stars: 0.8%

Calgary Flames: 0.5%

FINAL SCORING LEADERS

	G	A	PT
Malkin, Pgh	50	59	109
Stamkos, TB	60	37	97
Giroux, Pha	28	65	93
Spezza, Ott	34	50	84
Kovalchuk, NJ	37	46	82
Kessel, Tor	37	45	82
Neal, Pgh	40	41	81
Tavares, NYI	31	50	81
H.Sedin, Vcr	14	67	81
Elias, NJ	26	52	78
Karlsson, Ott	19	59	78
Hossa, Chi	29	48	77
Ra.Whitney, Phj	24	53	77
Thornton, SJ	18	59	77
Gaborik, NYR	41	35	76
Eberle, Edm	34	42	76
Kopitar, LA	25	51	76

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	3	0	1.000	—
Baltimore	3	1	.750	1/2
Toronto	2	2	.500	1 1/2
Boston	1	3	.250	2 1/2
New York	1	3	.250	2 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	3	0	1.000	—
Kansas City	2	1	.667	1
Chicago	2	2	.500	1 1/2
Cleveland	1	3	.250	2 1/2
Minnesota	0	4	.000	3 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	3	1	.750	—
Seattle	2	2	.600	1/2
Los Angeles	2	2	.500	1 1/2
Oakland	1	3	.250	2

Yesterday's results

Boston 4 Toronto 2
Chicago White Sox 4 Cleveland 2
L.A. Angels 5 Minnesota 1
N.Y. Yankees 6 Baltimore 2
Texas 11 Seattle 5
Kansas City at Oakland

Sunday's results

Cleveland 4 Toronto 3
Baltimore 3 Minnesota 1
Detroit 13 Boston 12 (11 innings)
Kansas City 7 L.A. Angels 3
Tampa Bay 3 N.Y. Yankees 0
Texas 5 Chicago White Sox 0

Today's games — All Times Eastern

Tampa Bay (Moore 0-0) at Detroit (Porcello 0-0), 1:05 p.m.

Chicago White Sox (Humber 0-0) at Cleveland (Gomez 0-0), 7:05 p.m.

N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.

Boston (Bard 0-0) at Toronto (Drabek 0-0), 7:07 p.m.

Seattle (Beavan 0-0) at Texas (Feliz 0-0), 8:05 p.m.

Kansas City (Duffy 0-0) at Oakland (Godfrey 0-0), 10:05 p.m.

RED SOX 4, BLUE JAYS 2

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Elsbury cf	4	0	0	0	Yescor ss	3	1	1	0
Pedroia 2b	4	2	2	1	KJhnsn 2b	3	0	1	1
AdGniz 1b	2	0	0	1	Bautist rf	4	0	0	0
Youkilis 3b	4	0	0	0	Encnc dh	4	0	1	1
Ortiz dh	3	0	2	0	Lind 1b	4	0	0	0
DMcDn pr-dh	0	1	0	0	Larrie 2b	4	0	1	0
C.Ross lf	3	1	1	0	RDavis lf	2	0	0	0
Sweeney rf	4	0	2	1	Thams ph-lf	2	0	0	0
Stltnch c	3	0	0	0	Arencic c	3	0	0	0
Aviles ss	4	0	0	0	Rasmc cf	3	1	1	0
Totals	31	4	7	3	Totals	32	2	5	2

Boston 000 001 003 4
Toronto 002 000 000 2

DP—Boston 1, Toronto 1. LOB—Boston 5, Toronto 6. 2B—Pedroia (2), Sweeney (1). 3B—Rasmus (1). HR—Pedroia (1). CS—Ortiz (1). SF—Ad.Gonzalez.

Boston	IP	H	R	ER	BB	SO
Doubont	5	4	2	2	3	6
Atchison W,1-0	3	1	0	0	0	3
Aceves S,1-2	1	0	0	0	0	1
Toronto						
H.Alvarez	6	4	1	1	1	2
Oliver H,1	1	1	0	0	0	2
Cordero H,1	1	0	0	0	0	1
Santos L,0-1 B5,2	2-3	2	3	3	3	1
L.Perez	1-3	0	0	0	0	0

WP—Santos. PB—Arenecibia.
T—3:02. A—48,473 (49,260) at Toronto.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	3	0	1.000	—
Washington	2	1	.667	1
Miami	2	2	.400	2
Philadelphia	1	3	.250	2 1/2
Atlanta	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	4	1	.800	—
Houston	2	1	.667	1
Pittsburgh	2	1	.667	1
Cincinnati	2	2	.500	1 1/2
Chicago	1	2	.333	2
Milwaukee	1	2	.333	2

WEST DIVISION

	W	L	Pct	GB
Arizona	3	0	1.000	—
Los Angeles	3	1	.750	1/2
Colorado	1	3	.250	2 1/2
San Diego	1	3	.250	2 1/2
San Francisco	1	3	.250	2 1/2

Yesterday's results

Houston 8 Atlanta 3
Miami 6 Philadelphia 2
Milwaukee 7 Chicago Cubs 5
N.Y. Mets 4 Washington 3
San Francisco 7 Colorado 0
St. Louis 3 Cincinnati 1

Sunday's results

Arizona 7 San Francisco 6
Chicago Cubs 4 Washington 3
Cincinnati 6 Miami 5
Houston 3 Colorado 2
N.Y. Mets 7 Atlanta 5
Pittsburgh 5 Philadelphia 4
San Diego 8 L.A. Dodgers 4
St. Louis 9 Milwaukee 3

Today's games — All Times Eastern

Pittsburgh (Correia 0-0) at L.A. Dodgers (Kershaw 0-0), 4:10 p.m.

St. Louis (Lohse 1-0) at Cincinnati (Leake 0-0), 7:10 p.m.

Washington (Detwiler 0-0) at N.Y. Mets (Gee 0-0), 7:10 p.m.

Atlanta (Hanson 0-1) at Houston (Weiland 0-0), 8:05 p.m.

Milwaukee (Narveson 0-0) at Chicago Cubs (Maholm 0-0), 8:05 p.m.

Arizona (Cahill 0-0) at San Diego (Volquez 0-1), 10:05 p.m.

GOLF

PGA FEDEXCUP STANDINGS

Through April 8

Rank, Name	Points	Money YTD
1. Hunter Mahan	1,379	\$3,094,040
2. Bubba Watson	1,322	\$3,124,138
3. Phil Mickelson	1,136	\$2,515,481
4. Johnson Wagner	1,056	\$2,008,193
5. Rory McIlroy	1,045	\$2,424,000
6. Kyle Stanley	954	\$1,996,550
7. Justin Rose	948	\$2,175,206
8. Mark Wilson	887	\$1,880,375
9. Tiger Woods	876	\$1,811,000
10. Bill Haas	865	\$1,806,659
11. Brandt Snedeker	835	\$1,672,314

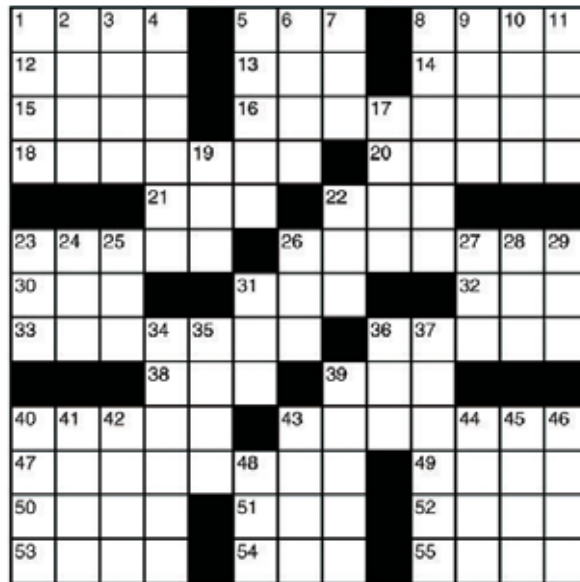
Crossword

Across

- 1 Charitable donations
- 5 Vacillate
- 8 Stylish
- 12 Castle protection
- 13 "Birds — feather ..."
- 14 Car
- 15 Gymnast Korbut
- 16 Shirk work
- 18 Greasy-spoon waitress, e.g.
- 20 Travelocity mascot
- 21 Buddhist sect
- 22 Lennon's lady
- 23 Hickory nut
- 26 Playboy
- 30 "That's relaxing"
- 31 Hasten
- 32 In olden days
- 33 Old washer attachment
- 36 Mountaineer's spike
- 38 Einstein's birthplace
- 39 Bart, to Homer
- 40 Remark to the audience
- 43 Brandy cocktail
- 47 TV slugfest host
- 49 Nastase of tennis
- 50 Calendar abbr.
- 51 Parisian pal
- 52 Dweeb
- 53 "Meet Me — Louis"
- 54 "Great Expectations" lad
- 55 Turns right

Down

- 1 Andy's pal
- 2 Lounge about
- 3 Creche trio
- 4 Verse
- 5 19th Amendment beneficiaries
- 6 Somewhere out there
- 7 Four qts.
- 8 Big gun
- 9 "Les Miserables" author
- 10 Couple, in a gossip column
- 11 Heart of the matter
- 17 "Aqua et — interdictus"
- 19 Army rank (Abbr.)
- 22 Have bills
- 23 Handle roughly
- 24 Listener
- 25 Greek X
- 26 Round Table address
- 27 Roscoe
- 28 Id counterpart
- 29 Director Howard
- 31 Height of fashion?
- 34 You can't pin anything on him!
- 35 Singer Campbell
- 36 Luau bowlful
- 37 Diamond period
- 39 Divest



- 40 Italian wine region
- 41 Twirled
- 42 Enrages
- 43 Big rig

- 44 Merriment
- 45 Green land
- 46 Cincinnati team
- 48 Space

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F N W O S M Z B A W W R U W P
J B C N I Z N C F A B D K P ' T S I S O D W
U I D F N W S F F . O N T N W O N E E A S
E N E K S J U F A U W P J U M M S R .
Yesterday's Cryptoquip: IF YOU'RE PLANTING
SOME CONIFEROUS TREES, IT'S POSSIBLE THAT
YOU MIGHT BE A CEDAR SEEDER.
Today's Cryptoquip Clue: E equals T

Horoscope

- ♈ Aries | March 21 - April 20.**
Today is the ideal time to think about what you want to do with your life.
- ♉ Taurus | April 21 - May 21.**
Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.
- ♊ Gemini | May 22 - June 20.**
There is more to leadership than giving orders.
- ♋ Cancer | June 21 - July 22.**
Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

- ♌ Leo | July 23 - Aug. 22.** For some reason you appear to believe that others are ganging up on you. It's not true.
- ♍ Virgo | Aug. 23 - Sept. 22.** Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.
- ♎ Libra | Sept. 23 - Oct. 22.** It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.
- ♏ Scorpio | Oct. 23 - Nov. 21.**

- You will be more open and approachable than usual.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.
- ♑ Capricorn | Dec. 22 - Jan. 20.** Pluto in your sign makes you ultra intense — but only be intense about the right things.
- ♒ Aquarius | Jan. 21 - Feb. 18.** Think hard before diving into a situation you know little about. You can't save everyone you know.
- ♓ Pisces | Feb. 19 - March 20.** There have been far too many lies and deceptions lately. Don't get fooled again. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY



MAX: 12°
MIN: -3°

WEDNESDAY



MAX: 14°
MIN: 3°

THURSDAY



MAX: 9°
MIN: 1°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**



Caption Contest

"101 Dalmatians have nothing on us."

Nancy

BASSEM TELLAWI/THE ASSOCIATED PRESS

Win!

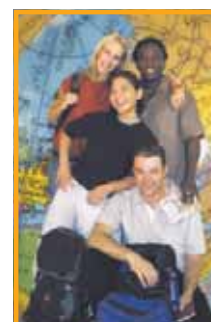


You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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#EN3161

\$24,240



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\$32,860



#EN3147

\$23,470



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\$15,860



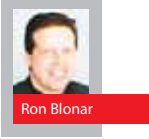
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#P3143

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#EN3090

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#2R12720A

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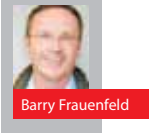
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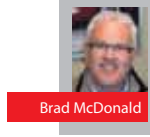


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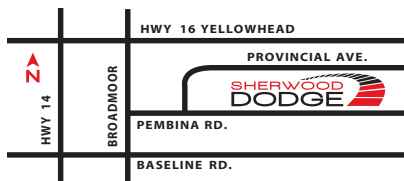
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